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## The Ideal Base for Exploring

WELCOME to the expanded, new-look Visitor's Guide to Pembroke and Pembroke Dock. If you've never visited our friendly and historic towns, then this guide will show you exactly what you've been missing!

Even if you are a regular visitor to south Pembrokeshire, we think you'll find plenty of information in these pages about what's on and where to go – making your summer holiday even more enjoyable.

While centred on the neighbouring towns of Pembroke and Pembroke Dock, the range of this year's guide has been broadened to take in some of the many wonderful visitor attractions within easy reach – from theme parks and activity centres to historic castles and sandy beaches.

Read on! You'll soon discover that there is no better base for exploring beautiful south Pembrokeshire than Pembroke and Pembroke Dock.

## Contents

Page 3.....	Welcome to the guide
Page 4 - 5.....	My Pembrokeshire – Jonathan Thomas & Anna Ryder Richardson
Page 7 - 9.....	Close Neighbours
Page 13 & 15.....	Attractions around Pembroke and Pembroke Dock
Page 18 - 19.....	Summer events
Page 22.....	A National Park on the Doorstep
Page 24 - 25.....	Map of Pembroke and Pembroke Dock
Page 28 - 29.....	Medieval splendours
Page 31 - 32.....	Bringing Military Heritage to Life
Page 36 - 37.....	A Great Year and a Great Place for Golf
Page 40 - 41.....	On the Waterway and Summer highlights on the water
Page 44.....	Pembrokeshire Produce - The Best of Everything

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## My Pembrokeshire



*Welsh rugby international Jonathan Thomas explains why he will never forget his Pembrokeshire roots.*

I WAS born and brought up on a farm near Pembroke and have great memories of my childhood. I was an active child and played for the local football team and also village cricket, going on to play cricket for Wales in my teens.

It was a great place for a child to grow up. I would spend much of the summer at Freshwater West, a beautiful beach only ten minutes away from my home. As a child I would spend hours playing in the rock pools and running up and down the sand dunes and later, as a teenager, I would use the same dunes as an ideal place to do fitness training when I began taking rugby more seriously.

Another favourite beach of mine is Broadhaven, near Bosherton. My friends and I would regularly cycle there for a swim during the long summer holidays and then stop at Auntie Vi's Café for an ice-cream on our return journey!

From the age of seven, I played mini-rugby at Pembroke Rugby Club and this was where my passion for the game started. I received my first senior Wales cap when I was 20 against Australia and was presented with my 50th cap last November. I count myself fortunate to have a career doing something I love and to me there is nothing to compare with pulling on that Welsh shirt and running out onto the pitch to play for your country.

I have lived in Swansea since the age of 18 due to my rugby commitments. When you grow up in a beautiful area such as Pembroke and its surrounding countryside you take it for granted and don't realise the beauty that is on your doorstep. You only appreciate this when you move away and then return to the places of your upbringing.

I have been lucky enough to have travelled all over the world with rugby, but there are very few places to match this beautiful corner of Pembrokeshire and I always look forward to having time off and being able to return to my home town of Pembroke to see my family and friends and to revisit the wonderful scenery the area has to offer.

**Jonathan Thomas**

*Television personality Anna Ryder Richardson reveals why she is delighted to have moved to this special corner of Wales.*

I'VE LIVED in England, Wales, Scotland... but moving to south Pembrokeshire feels like coming home.

Taking over Manor House Wildlife Park is a dream come true – family-living in the depths of this wonderful Welsh county. And I've been particularly grateful for the close proximity of Pembroke and Pembroke Dock.

One of my favourite journeys is across the Cleddau Bridge with its spectacular views of the Haven – I love bridges! And a newly-discovered treat is to walk down a road of little cottages, under the bridge to Pembroke Ferry, a lovely spot.

I knew somebody who lived in the old Royal Dockyard in the eighties, very close to the Fleet Surgeon's House. So it's good to see that the important buildings in this area have undergone a 'makeover' recently, returning them to their former glory – I particularly love The Garrison Chapel, now magnificently restored. And I'd never heard of a 'flying boat' until I discovered the Flying Boat Museum at the other end of the dockyard!

After exploring inside and outside the magnificent walls of the old Dockyard (and lunch in one of the great little pubs in the town), I usually head for the much older town walls of Pembroke. The Castle is definitely on my list of 'to dos' – imagine the 'Changing Rooms' there over the years!

Pembroke is a firm favourite, with lots to do and see. I love the way the main street starts on a narrow, tight bend winding around the castle, and then broadens out into a wide Georgian thoroughfare just before you reach the old East Gate.

**Anna Ryder Richardson**



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## Close Neighbours – But Very Different Places

HISTORIC buildings, shops of every kind, welcoming inns and restaurants, great accommodation and a marvellous waterside setting - all within a short drive of some of the finest beaches and coastal scenery in Britain. No wonder the neighbouring towns of Pembroke and Pembroke Dock are such a popular destination for holiday makers.

Older by far of the two towns, Pembroke's unique setting has long dictated its lay-out. The town straddles a narrow limestone ridge, at the seaward end of which stands the mighty Norman castle. Tidal creeks helped defend the medieval settlement from attack, as did the battlemented stone walls and towers which still encircle much of the town.

Pembroke's merchants grew rich on the sea-trade from the town quays and built the fine Georgian houses that now line the town's bustling and vibrant Main Street. To learn more about the history of the town, take a look at the amazing series of murals in the Town Hall - Pembroke's answer to the Bayeaux Tapestry!

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Though large vessels rarely venture up to Pembroke these days, the quays still form an attractive focal point of the town; the South Quay is the main venue for the summer festival in July which this year coincides with Seafair 2010 – a week-long gathering of traditional sailing vessels from far and near.

Overlooking the quay is the spectacular castle – the obvious starting point for any visit to Pembroke. One of the finest and best-preserved medieval fortifications in the country, it also plays

host to a great number of family activities each summer. Don't miss the amazing Wogan Cavern deep below the Great Hall.

Pembroke is much more than just a castle, and a good way of discovering what else the town has to offer is to follow the marked town trail. This easy walk takes in all the town's most important landmarks, from medieval houses and Norman churches to Victorian chapels and the unusual gazebo. The trail also follows the colourful length of Main Street with its rich assortment of shops, antiques markets and art and craft galleries.

Other needs are catered for by a wide range of restaurants, inns and cafes, many of them specialising in the use of the wonderful local produce. To appreciate fully the quality and range of Pembrokeshire produce, try to visit one of the local Farmers' Markets or Country Markets or the Pembroke Town and Country show at Lamphey on the first Wednesday in August.

Pembroke is blessed with a wealth of wildlife on its doorstep and a stroll along Pembroke's Mill Pond Walk is a must for all the family. A flock of majestic swans can be seen on the pond most days - a spectacular sight, especially when taking to the air or landing.

As well as swans, look out for coot, moorhen, mallard, little grebe, little egret, heron and cormorant. If you are very lucky you may glimpse a kingfisher or traces of our rather shy otter population. And at dusk, the bats leave their roosts to hunt over the pond.

To discover even more of the local wildlife, visit Holyland Community Wood which surrounds much of the Upper Mill Pond. Boardwalks - accessible by wheelchair - allow you to explore a variety of wildlife-rich habitats, from ancient woodlands to meadows and reed-beds. Guided walks are sometimes available - check the noticeboard outside the Town Hall for details of these tours and for a host of other activities in and around the town.

Just a mile or so away on the shores of Milford Haven is Pembroke Dock - a town approaching its 200th birthday, having been founded in 1814.

But while it is a relatively young town compared to its neighbour, Pembroke Dock can also boast a wealth of historic buildings – many of them located in the former Royal Naval Dockyard around which the town grew. Once this yard produced a steady stream of fine warships for Victoria's navy, together with a



Photo: Gwen Griffiths

number of Royal Yachts. Nowadays it is given over to a variety of uses, including the Irish ferry terminal.

Despite the changes, there are many fine old buildings still standing within the limestone walls of the yard, including the recently refurbished Garrison Chapel and two of the enormous RAF hangars recalling that in the 1930s and '40s Pembroke Dock was an important Flying Boat station. To learn more about the town's seaplane connections, visit the Flying Boat Centre in the Royal Dockyard.

Wander around the town and you'll still see the imposing barracks, forts and gun towers built to defend the dockyard from the enemies of the British Empire. To discover what life was like for the troops stationed in these fortifications, a visit to the Gun Tower Museum in Front Street is a must. Throughout the town you will see Victorian craftsmanship at its best in the many fine chapels, schools (and pubs!) that still exist from this era.



Obviously, the sea and Pembroke Dock go hand in hand and there are many fine vantage points where you can enjoy views of the magnificent Milford Haven waterway. Take a picnic to the shingle beach at the end of Fort Road or onto the grassy lower reaches of the Barrack Hill and watch the colourful yachts skimming in the foreground and the huge oil and gas tankers manoeuvring in the far distance. Pembroke Ferry is another excellent spot to sit and watch the sailboats and water-skiers - not least because of the centuries-old Ferry Inn overlooking the waterway.

Pembroke Dock is heavily involved in Seafair Haven 2010, with many of the smaller vessels being based at the Watersports Centre at East Llanion and various activities taking place ashore and afloat around the quay at Hobbs Point. This slipway was built in Victorian times for the Irish packet boats and is now home to the local yacht club as well as being one of the stopping-off points of the Haven Waterbus - a summer service linking towns and villages along the waterway.

There's always plenty to see and do in Pembroke Dock, but if you happen to find yourself in town on the longest day, then you'll find even more going on than usual. The annual Midsummer Festival is now a firm fixture on the calendar, and this year's Mediterranean-themed street party promises to be one of the highlights of the year.

As you would expect from somewhere that was once the chief market town of the area, Pembroke Dock has an excellent choice of shops. Here you will find the larger stores which complement the smaller shops in Pembroke, so that between them the two towns can supply just about everything the holidaymaker (or local) might need.

Pembroke Dock has a wealth of cafés, bars and restaurants to suit all tastes, and - as befits a busy ferry-port - a wide range of accommodation from guest houses to a luxury hotel.





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## Attractions around Pembroke & Pembroke Dock

WHETHER you just want to relax on one of our beautiful, unspoiled beaches or try something a little more exciting such as exploring Wales' biggest indoor adventure playground, riding one of the best wooden roller-coasters in the world or even walking with dinosaurs, then all these attractions (and many more) are within easy reach of Pembroke and Pembroke Dock.

Here are a few suggestions for a family day out in south Pembrokeshire:

### Beaches

**Angle:** Protected by rocky cliffs and facing the entrance to Milford Haven, West Angle Bay is very popular with families, with a sandy beach and good bathing. There are excellent walks along the cliffs, with panoramic views of the shipping entering and leaving the Haven. Plenty of parking near the beach, and a couple of good pubs in the village.

**Barafundle:** Regularly voted one of the most beautiful beaches in Britain, Barafundle can only be reached on foot – the nearest car park is half a mile away at Stackpole Quay where there is a tea room. Barafundle itself has no facilities at all – and is all the better for it – so carry a picnic and discover why Country Life voted this the best picnic spot in the UK.



**Broad Haven South:** Owned by the National Trust, this is another spectacular sheltered beach, great for families and a real sun-trap. Bosherton Lily Ponds, rich in wildlife, are a short stroll away, while for a more strenuous walk follow the Coast Path to St Govan's Chapel. Ample parking on the cliff-top.

**Freshwater East:** The closest beach to Pembroke and a great place for swimming, boating and fishing. The area of dunes behind the beach has recently been designated a conservation area and has specially marked family trails.

**Freshwater West:** This awe-inspiring expanse of sand and dunes has recently attracted the Hollywood film-makers, with a starring role in the latest Robin Hood and Harry Potter movies. The great rolling waves that sweep in from the Atlantic make it a paradise for experienced surfers, but be warned that strong undertows and quicksands make bathing dangerous.

*Many of Pembrokeshire's beaches are now guarded during the summer by the RNLI Lifeguard service, and if you want to swim or use an inflatable in safety it is always a good idea to look out for the red and yellow flags indicating a lifeguarded area.*

*Never enter the water if a black and white chequered flag is flying.*

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**Visitor Attractions**

**Oakwood:** Set in 80 acres of Pembrokeshire countryside near Canaston Bridge, this is Wales' top family fun park with more than 30 thrill-packed rides. Megafobia is a world-class wooden roller-coaster, while other white-knuckle rides include the water coaster Hydro and the sky coaster Vertigo. For the faint-hearted, there's also a whole host of gentler rides and family entertainment. Open until the end of September. Tel: 01834 861889. Website: [www.oakwoodthemepark.co.uk](http://www.oakwoodthemepark.co.uk).

**Manor House Wildlife Park:** This leisure park near St Florence was bought in 2007 by television presenter Anna Ryder Richardson who has overseen its transformation into one of Wales' friendliest and most accessible wildlife parks. Swing past the Valley of the Apes to Meerkat Mountain and enjoy a picnic at Camel Corner. New this summer is the White Rhino enclosure. Website: [www.manorhousewildlifepark.co.uk](http://www.manorhousewildlifepark.co.uk).

**Folly Farm:** Boasting the biggest undercover adventure playground in Wales, Folly Farm is well established as one of the country's top family attractions. Friendly farm animals, tractor rides, a vintage funfair a children's zoo, a 700-seat theatre and much more make Folly Farm an ideal family day out, whatever the weather. Open daily until October 31. Website: [www.folly-farm.co.uk](http://www.folly-farm.co.uk).

**Heatherton:** A world of activities awaits at Heatherton. If you've ever fancied trying your hand at karting, archery, clay pigeon shooting, fly-fishing, slot-car racing, golf or paint-balling, then Heatherton is the place to go. And for budding Tarzans, there are four scary tree-top trails to negotiate. Between Carew and Tenby. Open all year. Tel: 01646 652000. Website: [www.heatherton.co.uk](http://www.heatherton.co.uk).

**Dinosaur Park:** Kids love dinosaurs, and can discover 25 of them – all life-size – by following the park's unique dinosaur trail. Have fun while learning about dinosaurs in the activity centre or hunting for fossils. The park also has a pets' corner and indoor and outdoor adventure playgrounds. Between Carew and Tenby. Open daily to September 30, then five days a week to October 29. Tel: 01834 845272. Website: [www.thedinosaurpark.co.uk](http://www.thedinosaurpark.co.uk).

**Blue Lagoon:** Sub-tropical water park featuring a monster wave pool, rapid rivers and flumes and pools to relax in. Near Canaston Bridge. Open all year. Tel: 01834 862410.

**CC2000:** Also known as Canaston Bowl, this is Oakwood's indoor family entertainment centre and is located near the entrance to the park. Attractions include ten-pin bowling and the Crystal Maze puzzle.

**Stackpole Estate:** Five miles south of Pembroke, the National Trust's Stackpole Estate covers an area of outstanding natural beauty which is rich in wildlife. Much of it is a National Nature Reserve and it includes the beaches of Broadhaven and Barafundle, magnificent sea cliffs and the famous Bosherton Lily ponds. Walking, angling, horse riding and mountain biking are among the activities available. The Warden's contact number is 01646 661359.

**Stackpole Walled Garden:** Six acres of walled garden administered by Mencap and open weekdays free of charge from 9.30am to 4.30pm. Seasonal fruit and veg for sale, plus occasional special events. Tel: 01646 661442.

**Carew Karting:** Five hundred metre outdoor tarmac track on Carew airfield. Children's karts available. Open all year. Tel: 07974 540689. Website: [www.carewkarting.co.uk](http://www.carewkarting.co.uk)

**The Dragon Reptiles Experience:** Indoor attraction with over 100 enclosures of reptiles, fish, spiders and amphibians - everything from tarantulas to rattlesnakes! Pembroke Dock Garden Village near Coshaston. Open all year. Tel: 01646 685363.



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# Summer events in and around Pembroke and Pembroke Dock



## May

Sunday 2	<b>Wolfshead Bowmen</b>	Medieval archery and swordplay at Carew Castle
Sunday 16	<b>Pembroke Haven Yacht Club Regatta</b>	Races for keel-boats and dinghies at Hobbs Point
Wednesday 19	<b>Classic car rally</b>	Vintage vehicles at Cresswell Quay from 5.30pm
Friday 28 to Monday 31	<b>Sea Kayak Festival</b>	Based at the National Trust Stackpole Centre
Friday 28	<b>The Owen Money Show</b>	Television comedian at the Cleddau Bridge Hotel
Sunday 30 & Monday 31	<b>Knights of Longshanks</b>	Medieval re-enactment in Pembroke Castle

## June

Tuesday 1	<b>Black Mountains Falconry</b>	Display of hunting with hawks in Pembroke Castle
Saturday 5	<b>Pembroke Potato Festival</b>	Celebrate lifting the early crop at Pembroke Town Hall
Wednesday 16	<b>Classic car rally</b>	Vintage vehicles at Cresswell Quay from 5.30pm
Saturday 19 to Friday 25	<b>Midsummer Festival</b>	Annual week of activities and events in Pembroke Dock
Saturday 19	<b>Mediterranean-style Street Party</b>	Family fun and fancy dress in Pembroke Dock
Sunday 20	<b>Fun in The Park</b>	Games, sports & music in Pembroke Dock Memorial Park
Saturday 26	<b>Armed Forces Day</b>	Salute to the Armed Forces in Pembroke Castle, 11am
Saturday 26	<b>Three Counties Big Band concert</b>	Music at the National Trust Stackpole Centre
Saturday 26 to July 4	<b>Pembrokeshire Fish Week</b>	County-wide festival featuring over 250 fishy events

## July

Thursday 1 to Sunday 4	<b>Pembroke Festival</b>	Music, art & entertainment at various venues in Pembroke
Friday 2	<b>Pete Valentine</b>	George Michael tribute act at the Cleddau Bridge Hotel
Friday 2 to Sunday 11	<b>Seafair Haven</b>	Week-long maritime festival on Milford Haven waterway
Saturday 3	<b>Pembroke River Rally</b>	Fun ashore and afloat on the town's South Quay
Friday 9	<b>Seafair at Cresswell Quay</b>	Traditional boats, pig roast and music from about 5pm
Saturday 10	<b>Pembroke Carnival</b>	Floats and fancy dress parade through the Main Street
Saturday 10	<b>Herb and Craft Fair</b>	Craft and produce stalls at Carew Castle
Saturday 10	<b>Seafair Haven 'Parade of Sail'</b>	Watch the boats sail by from Hobbs Point and elsewhere

Wednesday 21	<b>Classic car rally</b>	Vintage vehicles at Cresswell Quay from 5.30pm
Wednesday 21	<b>National Youth Jazz Band concert</b>	Music at the National Trust Stackpole Centre
Saturday 24	<b>Romeo and Juliet</b>	Outdoor theatre at the National Trust Stackpole Centre
Saturday 24 & Sunday 25	<b>Marcher Stuarts</b>	History brought to life in Pembroke Castle
Sunday 25	<b>An Audience with Sir John Perrott</b>	An Elizabethan household recreated in Carew Castle
Tuesday 27	<b>Black Mountains Falconry</b>	Display of hunting with hawks in Pembroke Castle
Thursday 29	<b>Garden Open Day</b>	Stackpole Walled Garden, 11am to 3pm.
Saturday 31	<b>Knights et Armis</b>	Medieval re-enactment in Pembroke Castle

## August

Sunday 1	<b>Knights et Armis</b>	Medieval re-enactment in Pembroke Castle
Wednesday 4	<b>Pembroke Town &amp; Country Show</b>	Annual livestock, craft & horticulture show at Lamphey
Saturday 7	<b>Angle Regatta</b>	Yacht races and shore-based events in aid of the RNLI
Saturday 7	<b>Pembroke Dock Carnival</b>	Fancy dress parade through town, fun on the carnival field
Saturday 7 & Sunday 8	<b>Sealed Knot, plus craft-makers</b>	Civil War history brought to life in Pembroke Castle
Tuesday 10	<b>Beating the Retreat</b>	Gwent Army Cadets 'Beat the Retreat' in Pembroke Castle
Wednesday 11	<b>Pig roast and country dance</b>	Stackpole Walled Garden, 7pm
Saturday 14	<b>Monkton Show</b>	Horticulture and flower competitions
Saturday 14 & Sunday 15	<b>Company of Chivalry</b>	Historical re-enactment group in Pembroke Castle
Tuesday 17 to Thursday 19	<b>Pembrokeshire County Show</b>	Showcase for local agriculture at Haverfordwest Showground
Wednesday 25	<b>Classic car rally</b>	Vintage vehicles at Cresswell Quay from 5.30pm
Wednesday 25	<b>Martletwy Show</b>	Village livestock, craft and horticulture show at Cresselly

• *Tuesdays throughout August – Black Mountains Falconry in Pembroke Castle*

## September

Wednesday 1 to Sunday 5	<b>Welsh Fiddle Festival</b>	Concerts & workshops at the National Trust Stackpole Centre
Friday 3 to Tuesday 28	<b>Art exhibition</b>	Work by Barbara and Julie Hutchby in Pembroke Dock Library
Wednesday 15	<b>Classic car rally</b>	Vintage vehicles at Cresswell Quay from 5.30pm

## October

Friday 1	<b>Antony Edwards</b>	Michael Jackson tribute show at the Cleddau Bridge Hotel
Thursday 7 to Saturday 9	<b>Michaelmas Fair</b>	Annual funfair in Pembroke Main Street

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# A National Park on the Doorstep

THE Pembrokeshire Coast National Park has something for everyone to see and to enjoy - from windswept moorlands and ancient woodlands to pretty villages and magical islands.

It is also an historic landscape and the many Iron Age forts, Norman castles and monuments are reminders of the people who have lived here and shaped the landscape.



Photograph: © PCNP

One of the best ways to see the National Park in all its glory is from the Pembrokeshire Coast Path, which is celebrating its 40th anniversary in 2010. One of 16 National Trails in England and Wales, the Path stretches 186 miles (299 km) from Poppit Sands in the north east to Amroth in the south east. Following every twist and turn of the spectacular coastline, it provides an unforgettable experience for many thousands of walkers each year.

The National Park also takes in offshore islands, including Ramsey, Skomer and Skokholm which are internationally recognised for their wildlife.

In contrast are the upper reaches of Milford Haven, known as the Daugleddau. Here the estuary is tranquil and wooded, its branches leading to secluded spots such as Blackpool Mill and Cresswell Quay.

Look out for the free publication *Coast to Coast* which gives details of guided walks and special events in the National Park.



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[www.arfordirpenfro.org.uk](http://www.arfordirpenfro.org.uk)



Pembrokeshire Coast  
National Park  
[www.pembrokeshirecoast.org.uk](http://www.pembrokeshirecoast.org.uk)

Check out our websites for a list of events

## Carew Castle

Carew, nr Tenby  
SA70 8SL  
01646 651782  
[www.carewcastle.com](http://www.carewcastle.com)



Beside the 23 acre millpond, Carew Castle invites visitors to explore winding stairs, massive towers, lofty halls, rooms and passageways.

Tread in the footsteps of servants, craftsmen, soldiers, priests and the nobility down the centuries.

Open daily 10am-5pm, April to October.  
Please phone or visit the website for winter opening hours.

## Castell Henllys Iron Age Fort

Meline, nr Crymych  
SA41 3UT  
01239 891319  
[www.castellhenllys.com](http://www.castellhenllys.com)



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Enter roundhouses that have been rebuilt in exactly the same place as the original Iron Age dwellings and soak up the atmosphere of our prehistoric past.

Open daily 10am-5pm, April to October.  
Please phone or visit the website for winter opening hours.

## Oriel y Parc Landscape Gallery

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01437 720392  
[www.orielyparc.co.uk](http://www.orielyparc.co.uk)



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## Tenby National Park Centre

opposite the Five Arches, Tenby  
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Whatever the season, our interactive exhibition & range of quality gifts offers something for everyone.

Open daily 9.30am-5pm, April to September.  
Please phone or visit the Authority's website for winter opening.

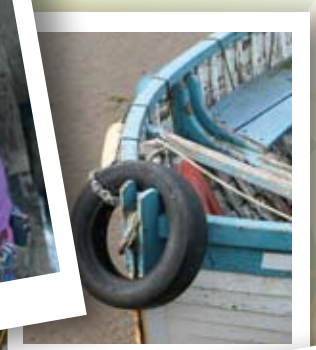
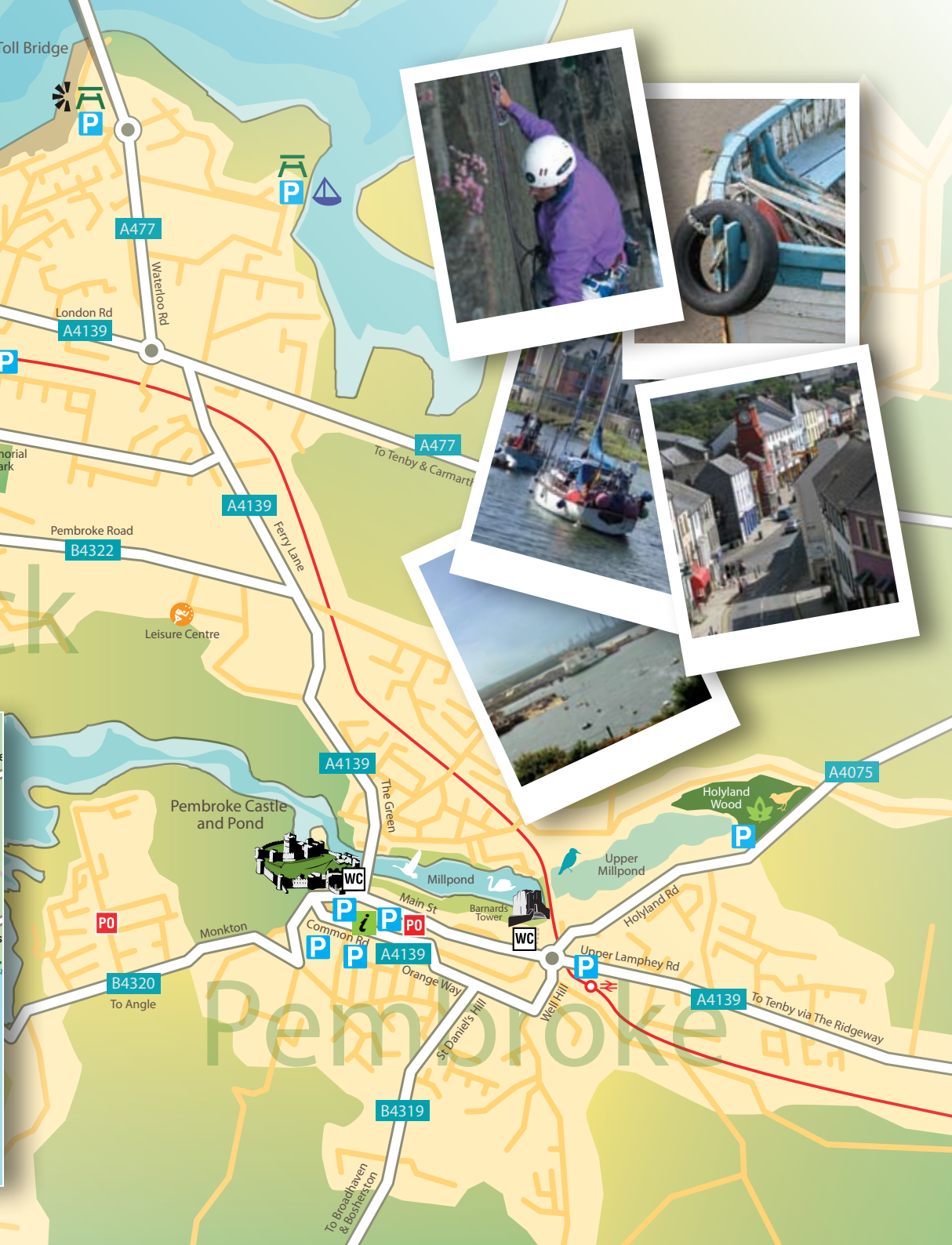
## Newport National Park Centre

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Discover more about the local area, what's on and where to go. Browse our exhibits and a range of local gifts for sale.

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# Pembroke Dock



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**Tel: 01646 684585 / 681510**



## Pembroke Town Hall

Pembroke Town Hall is available all year round, offering a unique venue for your event. Perfect for meetings, birthday parties, wedding receptions, quiz evenings, conferences and just about anything else you can think of.

*The imposing historic building is equipped with audio visual equipment and modern kitchen facilities.*

*Why not just call in and enjoy the magnificent murals depicting the history of Pembroke from the Stone Age to the 20th century.*

For more information please call:  
**Pembroke Town Council (01646) 683092**  
[hughcolley@pembtowncouncil.plus.com](mailto:hughcolley@pembtowncouncil.plus.com)  
(Office hours 9am – 1pm Monday – Friday)



# Medieval Splendours

PEMBROKESHIRE is a county of castles – and the finest examples are centred on the great Norman stronghold of Pembroke. But the castles aren't the only legacy of medieval times – look out for the splendid Norman churches with their battlemented towers, the Tower House at Angle, Monkton Old Hall and the ruined Palace of the Bishops of St David's at Lamphey.

These are the 'jewels in the crown' of medieval south Pembrokeshire:

## Pembroke Castle

Magnificently situated at the head of a limestone promontory and surrounded on three sides by water, Pembroke Castle was one of the strongest Norman fortresses in Wales. Founded by Roger de Montgomery in 1093 it withstood several attacks by the Welsh and was progressively strengthened over the years by the Earls of Pembroke – notably William Marshall, who built the castle's Great Keep and inner ward defences.



In the 13th century the castle was completed by the building of the walls and towers of the outer ward. This connected with the town walls (still standing) to make Pembroke one of the best defended townships in the country. In 1454 the Earldom passed to Jasper Tudor whose nephew Henry Tudor was born in the castle and later became King Henry VII.

During the Civil War the town and castle switched allegiance half way through and declared for the King. This led to a lengthy siege and bombardment – directed in person by Cromwell – before the garrison surrendered. The castle was subsequently abandoned and fell into disrepair before being extensively restored in the 1930s.

Of special interest are the 23m high Great Keep and the Wogan Cavern - a spectacular limestone cave in which flint tools from the Middle Stone Age have been found. New this year is a series of lifelike tableaux depicting scenes from the Civil War. Open all year. Tel: 01646 681510. Ticket office: 01646 684585. Website [www.pembrokecastle.co.uk](http://www.pembrokecastle.co.uk)

## Lamphey Bishop's Palace

Lamphey Palace, two miles from Pembroke, was where the medieval bishops of St David's went to escape the pressures of church and state. With its lavishly-appointed buildings, its deer-park, watermills, orchards and fishponds, Lamphey Palace was for centuries a favourite 'country retreat' of the bishops.

After the Reformation the palace became a manor house but was later abandoned and fell into decay. It is now under the guardianship of Cadw, Welsh Historic Monuments.

The ruins of the palace include a beautifully-proportioned great hall with a fine arcaded parapet – the work of Bishop Henry Gower who also created the Bishop's Palace in St David's. Other surviving buildings include a 16th century chapel and the attractive inner gatehouse.

## Manorbier Castle

The 12th century scholar and writer Giraldus Cambrensis thought that Manorbier was the most pleasant spot in the whole of Wales – though having been born in Manorbier Castle he may have been slightly biased!



Beautifully situated five miles east of Pembroke, overlooking beach and bay, the castle was established by the Norman knight Odo de Barri - Giraldus' grandfather. A number of additions were made in Elizabethan times and the castle has been in private ownership since the 17th century.

In the early 19th century the castle was used by a notorious gang of Cornish smugglers who landed their contraband on the beach below and hid it in secret tunnels underneath the castle.

The castle is open daily throughout the summer; special features include historical tableaux and a walled garden. Tel: 01834 871394. Website [www.manorbiercastle.co.uk](http://www.manorbiercastle.co.uk)

## Carew Castle

Standing at the head of the Carew River, Carew is Pembrokeshire's most attractive castle and one of its most interesting, being a fine example of the transformation from medieval stronghold into Elizabethan mansion.

There may have been a small fortress on the site before the arrival of the Normans, but it was Gerald de Windsor who erected the first substantial castle at Carew in the early 12th century.



This wooden structure was replaced by a stone fortification, much of the work being carried out between 1270 and 1311 by Nicholas de Carew.

In 1558, Carew was granted to Sir John Perrot of Haroldston near Haverfordwest - reputedly the illegitimate son of Henry VIII. It was Sir John who built the great north gallery with its elegant mullioned windows.

In the castle grounds is a fine example of an early Christian Celtic cross (free entry), while nearby is the beautifully-restored Carew French Mill (combined ticket with Carew Castle available). Since 1983 the castle has been in the care of the Pembrokeshire Coast National Park which organises regular events in the summer. Tel: 01646 651782. Website [www.carewcastle.com](http://www.carewcastle.com)

## Upton Castle

Upton Castle stands near Cosh Weston, about three miles east of Pembroke Dock. It was built as an outpost of Pembroke Castle, but was long ago converted into an imposing manor house and remains a private residence with no public access.

However, since 1976 the wooded grounds have been open to the public. There are over 250 different species of mature trees and shrubs in a secluded valley setting. The shrubs include rhododendrons, Camellias, magnolias and cherries, all of which are seen at their best in spring and early summer.

There is a rose garden on one of the three elevated terraces overlooking the wooded valley, and a waymarked path leads down through the valley to a tidal creek on the Carew River.

There are occasional guided tours and an attractive picnic site. Tel: 01646 689996. [www.uptoncastle.com](http://www.uptoncastle.com)



# GUN TOWER MUSEUM

## PEMBROKE DOCK

[www.guntowermuseum.org.uk](http://www.guntowermuseum.org.uk)

Front Street, Pembroke Dock, SA72 6JZ ☎ 01646 622246

The Gun Tower was completed in 1851 to help in the defence of the Royal Naval Dockyard. One of three 'Cambridge Towers' located on the Milford Haven Waterway and the only one open to the public in the United Kingdom.

The Gun Tower Museum is run by dedicated Volunteers, exhibits are displayed on three floors, showing Pembroke Dock's long links with the British Army, Navy and RAF. Models and Photos of ships, which include the five Royal Yachts built within the Royal Dockyard. Visit the magazine floor below sea level, and the roof has a genuine cannon waiting to repel invaders!

There is a gift shop, which also sells Books of local interest.

**Admission and Opening Times**

Open: April 1st - October 31st, 10am - 4pm. Six Days closed on Saturdays.  
 Admission: Adults £2.50 - Concessions £1.50.  
 School Groups, Coach Parties and Guided Tours can be booked by prior arrangement.  
 Disabled Access to ground floor only.  
 Dogs permitted, but must be under control on a lead.





## Bringing Military Heritage to Life

ITS strategic position on Britain's western seaboard, coupled with the magnificent sheltered anchorage of Milford Haven, has meant that south Pembrokeshire has long played a vital role in the defence of the country.

Various defences have been erected over the centuries to guard the waterway, from Norman castles, Tudor blockhouses and Napoleonic forts to Victorian gun batteries and the artillery emplacements of two world wars.

The building of the Naval Dockyard in Pembroke Dock in 1814 gave added impetus to the need to defend the Haven, while the onset of WWII saw the creation of a string of air bases from which aircrews flew perilous missions across the Channel or out over the Atlantic. The atmospheric Military Cemetery in Pembroke Dock bears mute witness to the unfortunate servicemen whose posting to Pembrokeshire proved to be their last.

Remnants of defensive systems of every era still exist and Pembroke Dock, in particular, is at the forefront of moves to preserve this unique heritage and to share it with our visitors.

### The Flying Boat Interpretation Centre

Half a century after the majestic Sunderland flying boats flew into well-earned retirement, Pembroke Dock's remarkable military aviation story is 'airborne' once again.

The Flying Boat Interpretation Centre in the former Royal Dockyard has made an immediate impact as a tourist attraction, with over 3,000 visitors in the first six months after opening in June 2009.

Part interpretation centre, part workshop, the Centre tells some of the stories of 'PD' and its many roles, in peacetime and in the forefront of the Battle of the Atlantic during World War II. It also tells, in particular, the story of one Sunderland, T9044, which sank 70 years ago, and the airmen who flew it.

The Pembroke Dock Sunderland Trust, which runs the Centre, plans to recover T9044 and conserve and display it locally in a Battle of the Atlantic exhibition.


Over 40 enthusiastic volunteers are involved in the day-to-day operation of the Centre and its well equipped workshop, and 20 members of the Sunderland Trust Dive Group support the project. New volunteers are most welcome to join the team.

The Centre represents a significant step in the wider interpretation of Pembroke Dock's remarkable history and its unique links with all three Armed Services. These initiatives are being led by the Sunderland Trust with the support of partner organisations, including Milford Haven Port Authority which hosts the Centre.

Opening times are Tuesdays to Saturdays inclusive, 10 am - 4 pm. Access is from Gate 4 of Port of Pembroke, in Fort Road, close to South Pembrokeshire Hospital. Entry is free but donations are



Photograph: Martin Cavaney



# FLYING BOAT CENTRE

## PEMBROKE DOCK

**FREE Entry For All**

The **Flying Boat Centre**, unique to the UK, is run by an enthusiastic team of volunteers. It tells some of the stories of 'PD' and its flying boats, including the famous Short Sunderland.

Parts of a wartime Sunderland which sank 70 years ago are displayed in the workshop, which can be viewed by visitors.




Pembroke Dock was an RAF station for nearly 30 years, in peacetime and in wartime. During World War II 'PD' became the largest flying boat station in the world.

Displays, models, personal stories, touch screen - and more.

Building 53, The Royal Dockyard, Pembroke Dock, SA72 6TB  
 (access is via Gate 4 Port of Pembroke.  
 Look out for the propeller directional signs!)

Tel: 01646 623428 Web: [www.pdst.co.uk](http://www.pdst.co.uk)  
 E-mail: [enquiries@sunderlandtrust.org.uk](mailto:enquiries@sunderlandtrust.org.uk)

Opening Times: Tuesday - Saturday, 10 am - 4pm  
 (all year). Also Bank Holiday Mondays

welcome. Contact: Pembroke Dock Flying Boat Centre, Building 53, Port of Pembroke, Pembroke Dock, SA72 6TB. Tel: 01646 623428 or 623425. Website: [www.pdst.co.uk](http://www.pdst.co.uk).

### The Gun Tower Museum

Completed in 1851 as part of the Naval Dockyard defences, the Gun Tower in Front Street (often mistakenly called a 'Martello Tower') is the only one of its kind in Britain open to the public.

The tower was built to defend the dockyard from both sea and land attack. Manned by an officer and 33 gunners, its field of fire would have covered the length of the eastern dockyard wall while a second tower, now a private residence, covered the southern wall.

Nowadays the Front Street Gun Tower is accessible at all states of the tide via a walkway from the shore. It has been fully restored, so that visitors can see exactly how the soldiers stationed here lived and manned the defences, hoisting the shells and gunpowder from the underground magazines to the cannons on the upper floor.

Also on display is a large-scale model of the Dockyard as it looked in its hey-day, together with models and photographs of some of the vessels built. There is also an exhibition dedicated to the various regiments and soldiers – including General Kitchener and General Gordon – who garrisoned the town.

The museum is open daily, Easter to October, with occasional guided tours. Tel: 01646 622246.

### Carew Control Tower

Five miles east of Pembroke Dock, the village of Carew is rightly famed for its Celtic Cross and splendid castle. But in recent years another historic attraction has emerged in the village – the meticulously restored WWII airfield control tower.

Carew was the site of an airship base in WWI, and in 1938 a large military airfield known as RAF Carew Cheriton was established here. In the early part of the war, Avro Ansons, Blenheims and Beaufighters flew countless patrols from Carew, which in turn was bombed several times by the Luftwaffe. Carew later played an important role in the training of aircraft wireless operators.



Photograph: © Carew Control Tower

Many of the old airfield buildings still stand, notably the Control Tower which has been restored to its original condition by a group of local volunteers and is crammed with RAF and airfield memorabilia. Also on the site are an air-raid shelter and a WWII Avro Anson aircraft in the process of being restored as a non-flying exhibit.

The Control Tower is manned by knowledgeable volunteers who are always happy to show visitors around. It is open on Bank Holidays and Sundays from July 1st to September 30th. Tel: 01646 651356 or 01646 651804. Website: [www.carewcheritoncontroltower.co.uk](http://www.carewcheritoncontroltower.co.uk)

South Pembrokeshire's military connections aren't all in the past. There are still active gunnery and tank training facilities along the coast at Manorbier and Castlemartin; look out for notification of firing exercises in the local press.

# The Room

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# A Great Year and a Great Place for Golf

FOR those with a passion for golf, there's only one place to be in October 2010. The Celtic Manor Resort on the outskirts of Newport in South Wales will host the 2010 Ryder Cup when the best golfers in Europe and America will compete for the magnificent trophy.

But did you know that Pembrokeshire has superb golfing facilities with the following courses within easy distance of Pembroke and Pembroke Dock:

## South Pembrokeshire Golf Club

**Military Road Pembroke Dock SA72 6SE**

**Holes: 18 Type: Parkland**

**Par/SSS: 72/70 Yards: 6,158**



You can be assured of a friendly welcome at South Pembrokeshire Golf Club which presents a tough but fair challenge to golfers of all abilities.

Its setting on the Barrack Hill in Pembroke Dock offers superb panoramic views of the Milford Haven waterway, the Preseli Hills and the surrounding area. The homeward stretch is probably the course's best aspect, as the 14th and 15th holes are certainly card wreckers should you misplace the odd shot.

The club is well sign-posted, and is only a five minute drive from the Irish Ferries ferry port. The clubhouse facilities are available to organisations and individuals looking to hold a meeting, dinner, wedding reception, or birthday party.

Website: [www.southpembsgolf.co.uk](http://www.southpembsgolf.co.uk) Tel: 01646 621453.

## Tenby Golf Club

**The Burrows, Tenby, SA70 7NP**

**Holes: 18 Type: Links**

**Par/SSS: 70/72 Yards: 6,409**



Tenby Golf Club was formed in 1888 and is the oldest established course in Wales. Still regularly used for Welsh Amateur Championships, Tenby's tight fairways and fast-running greens combine to provide an endlessly varied challenge.

The course runs alongside Tenby South Beach and whilst this makes for spectacular views across the sound to Caldey Island, it also means the course is exposed to the elements - a strong, gusting wind makes this a great test for golfers of all abilities.

Website: [www.tenbygolf.co.uk](http://www.tenbygolf.co.uk) Tel: 01834 844447.

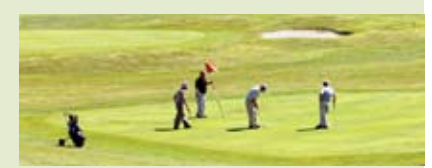


## Trefloyne Golf Club

**Trefloyne Lane, Penally, Tenby, SA70 7RG**

**Holes: 18 Type: Parkland**

**Par/SSS: 71/73 Yards: 6,635**



Trefloyne Golf Club, nestling in the heart of the Ritec Valley between Tenby and Penally, provides spectacular views and presents a great test of golf on a top quality course.

The purely parkland course will test experienced players while offering an enjoyable round for novices. The course was constructed in 1992 but didn't open for another four years, giving the course ample time to mature into the enjoyable challenge it is today.

The 13th is a great hole in that it features out-of-bounds on the left as you negotiate your way to the small, plateau green.

Website: [www.trefloyne.com](http://www.trefloyne.com) Tel: 01834 842165.

## Heatherton World of Activities

**St Florence, Tenby, SA70 8RJ**

**Holes: 18 Type: Par 3**

**Par: 63**



Heatherton has a highly successful and popular Pitch and Putt golf course set in picturesque countryside. One of only a handful of its kind, it has developed in quality over the past 10 years, challenging golfers of all abilities, all year round.

Heatherton also has a 300 yard driving range which incorporates 12 separate bays and various targets, plus a variety of clubs available

Website: [www.heatherton.co.uk](http://www.heatherton.co.uk) Tel: 01646 652000.

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The Haven Waterway offers the ideal opportunity for an activity holiday, short break or cruise destination.

[www.mhpa.co.uk](http://www.mhpa.co.uk)



Milford Haven Port Authority

## On the Waterway

BOTH Pembroke and Pembroke Dock developed because of their links with the sea, via the Milford Haven waterway. Pembroke's busy quays had trading links with Bristol and Ireland, while Pembroke Dock was once a town of ship-builders and is now an Irish ferry port.



Both towns are immensely proud of this seafaring heritage, and the Pembroke Dock-based West Wales Maritime Heritage Trust has a small fleet of beautifully restored traditional boats which can sometimes be seen on the Haven.

For one week this summer, that fleet will be massively augmented by the arrival of up to 200 traditional sailing vessels from far and near as part of Seafair Haven 2010, a biennial festival of all things maritime. The festival runs from Friday, July 2nd to Sunday, July 11th and there will be plenty of opportunity to see the Old Gaffers and a host of other traditional craft at their bases in Lawrenny, Neyland and East Llanion, or when they sail up to Pembroke Quay and Hobbs Point. Pick up a Seafair brochure to discover the full programme of events ashore and afloat.

With its 22 miles of sheltered, navigable waterway, the Haven is popular with pleasure boat owners throughout the summer. There are marinas at Neyland and Milford Haven, boatyards and chandlers, and several very active yacht clubs which organise regular cruiser and dinghy races and a summer series of regattas.

Just across the water from Pembroke Dock, Burton Ferry is a centre for powerboating, handy for the stretch of waterway where water-skiing and jet-skiing is permitted, while the Water Sports Centre at East Llanion offers excellent facilities and instruction for sailors of all abilities.

Longboat racing is a growing sport in Pembrokeshire, both within the Haven and offshore, and inter-village rivalry can be intense! Look out for the crews practising on the Cleddau, or try to catch one of the all-action races.

Slightly further afield, there are plenty of opportunities to take part in water-based activities, from surfing, wind-surfing, canoeing and diving, to fishing the rivers and coast.

And if all that sounds a little too strenuous, then a much more relaxing way to view the Haven is aboard the Havenlink water-bus – a summer ferryboat service linking communities along the waterway which makes regular stops at Hobbs Point.

## Summer highlights on the water

### May

Sunday 16<sup>th</sup>

Pembroke Haven Yacht Club Regatta, Hobbs Point

Sunday 30<sup>th</sup> and Monday 31<sup>st</sup>

PYC Cruiser Weekend, Gellyswick

### June

Saturday 5<sup>th</sup>

Hazelbeach Regatta, Llanstadwell

Wednesday 9<sup>th</sup> to Friday 11<sup>th</sup>

Neyland YC Cruiser Week

### July

Friday 2<sup>nd</sup> to Sunday 11<sup>th</sup>

Seafair Haven

Saturday 3<sup>rd</sup>

Pembroke River Rally

Saturday 10<sup>th</sup>

Seafair Haven 'Parade of Sail'

Saturday 10<sup>th</sup>

Llangwm to Haverfordwest Longboat Race, 6pm

Saturday 17<sup>th</sup>

Lawrenny Regatta, Lawrenny Ferry

Saturday 24<sup>th</sup>

Neyland Regatta

### August

Saturday 7<sup>th</sup>

Angle Regatta,

Sunday 8<sup>th</sup>

Little Haven Regatta

Sunday 15<sup>th</sup>

Dale Regatta

Sunday 22<sup>nd</sup>

PYC Regatta, Gellyswick

Saturday 28<sup>th</sup> to Monday 30<sup>th</sup>

Dale Cruiser Weekend



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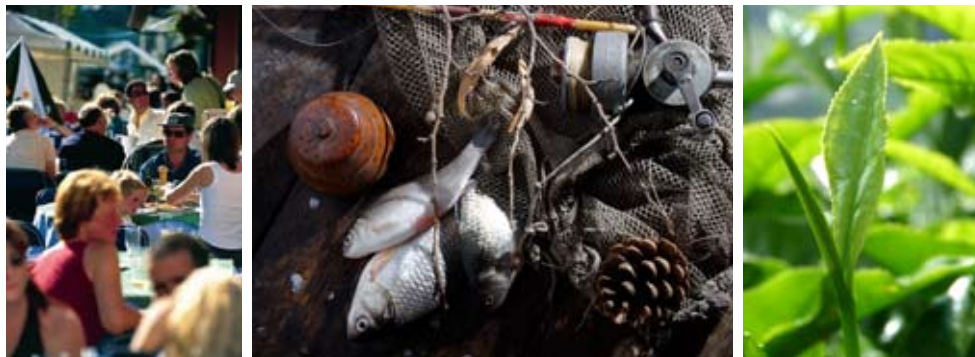
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## Pembrokeshire Produce - The Best of Everything

FOR those who enjoy fine food, there's no better place to visit than Pembrokeshire. Our farmers, smallholders and fishermen provide a regular supply of wonderful fresh local produce, much of which finds its way into the county's shops, restaurants and farmers' markets.



Look out for the Pembrokeshire Produce Mark in the shop window or on the menu. This coveted accolade is your guide to those places which source their seasonal produce locally, giving you a true taste of the county.

In farm shops and delicatessens you'll find award-winning Pembrokeshire cheeses, honey, meat products and even wine. And don't miss the bread made the traditional way at the bakery in Lamphey, just outside Pembroke. You can even buy Pembrokeshire Tea thanks to an enterprising company recently established in Pembroke Dock.

However it will be a long time before Pembrokeshire Tea overtakes Pembrokeshire Early Potatoes as our best-known crop. The days have gone when fleets of lorries were waiting to take the first spuds to the markets of Cardiff and Birmingham, but early potato-growing is still carried on, and to celebrate the fact there is a Potato Festival every June in Pembroke Town Hall.

Many of the restaurants, pubs and cafés in Pembroke and Pembroke Dock will be participating in Fish Week – Pembrokeshire's annual festival of all things fishy. Starting at the end of June, the festival includes more than 250 events and activities, with many food outlets offering special seafood menus during the week.

- **Pembroke Farmers' Market** takes place at the Town Hall on the following Saturday mornings: May 8<sup>th</sup>, May 22<sup>nd</sup>, June 5<sup>th</sup>, June 19<sup>th</sup>, July 3<sup>rd</sup>, July 17<sup>th</sup>, July 31<sup>st</sup>, August 7<sup>th</sup>, August 14<sup>th</sup>, August 21<sup>st</sup>, August 28<sup>th</sup>, September 11<sup>th</sup>, September 25<sup>th</sup>, October 9<sup>th</sup> and October 23<sup>rd</sup>.

- There are **Pembrokeshire Country Markets** in Pembroke Town Hall on Thursdays from 10am to noon.

Unit 4, London Road Industrial Estate,  
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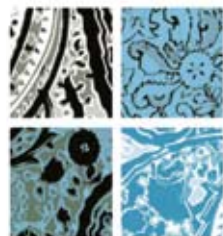
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TOURIST INFORMATION: The Commons,  
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